

WEEK 2 OF THE

Juniors Cooking Club



Welcome to the second week of the Juniors Cooking Club! This week we will learn how to cook with vegetables including different cooking techniques, the nutrient content of the recipe we are making, and how to incorporate vegetables into a recipe. Below is the week 2 schedule. Review the schedule and activities with your children as there may be materials or preparation requirements.

Knife Safety

When the knife is not in use put it at the top of the cutting board – not on the front or side edge where it can get knocked off.

When walking with a knife, hold the knife flat against your leg, sharp edge pointing back and tip of the knife towards the floor.

When walking behind someone or in a busy kitchen, say “knife, behind” to indicate to the people around you to be aware of the knife in close proximity.

Health & Nutrition

Look at the recipe below. What food groups from Canada's Food Guide are included in this recipe?

Hint: You can take a look at Canada's Food Guide to see what the different food groups are:

[CLICK HERE](#)



Food Waste

Before you throw your funny looking fruits and vegetables out, ask yourself if there are ways you can still consume them! Freeze them, put them in a soup, or as a last resort you can compost them!

One third of all food produced globally is wasted. Canadians throw out more food than they realize and this comes with an environmental impact.

To learn more about food waste visit our blog on food waste:

[CLICK HERE](#)



Sustainability Lab

Visit our Sustainability Lab and complete the food loss activity:

[CLICK HERE](#)





Stuffed Bell Peppers

Ingredients:

- $\frac{3}{4}$ cups uncooked barley or $1 \frac{1}{2}$ cups cooked barley
- 2 tbsp vegetable oil
- 2 cups mushrooms, chopped
- 1 cup onion, chopped
- 2 tbsp parsley, chopped
- $\frac{1}{4}$ teaspoon thyme
- $\frac{1}{2}$ teaspoon pepper
- 1 cup Monterey Jack cheese, shredded
- 4 medium bell peppers
- 1 cup marinara sauce

Method:

1. Preheat the oven to 350 degrees Fahrenheit.
2. Cook the barley according to the package instructions. Let the barley cool, transfer to a bowl and set aside.
3. In a large skillet heat the oil and add the chopped mushrooms and onion. Stir while you cook. Cook for 5-10 minutes.
4. Add the cooked mushrooms and onions to the bowl with the barley. Stir in the parsley, thyme, and pepper. Add the cheese.
5. Rinse the bell peppers, cut off the tops, remove and discard the seeds and pit.
6. Line the pepper halves cut side up on a baking sheet. Use a large spoon to divide the barley filling evenly among the pepper halves.
7. Pour the marinara sauce evenly over the peppers.
8. Bake for 30 minutes or until the peppers are tender.